TIMELY TIPS

Protection Against Skin Cancer
Skin cancer is the most common form of cancer in the United States. Skin cancer is the abnormal growth of skin cells, which most often develops after the skin has been exposed to the sun. Skin cancer can develop on areas like your scalp, face, lips, ears, neck, chest, arms, hands, and legs. Sometimes skin cancer forms on other places that rarely see the sun, such as the palms of your hands or soles of your feet. Skin cancer affects all people, no matter what skin tone.

Symptoms
The most common sign of skin cancer is a change in your skin. As soon as you notice a change in your skin, such as a new growth, a sore that does not heal, or a change in an old growth, talk to your doctor. Different types of skin cancers look different, but a good way to remember and test the signs of skin cancer is as simple as the A-B-C-D-Es.

A – Asymmetrical. Do you have a mole or a spot that has an irregular shape or is lopsided?
B – Border. Do you have a mole or a spot with an uneven border?
C – Color. Do you have a mole or spot with irregular coloring?
D – Diameter. Do you have a mole or spot that is larger than the size of a pea?
E – Evolving. Do you have a mole or spot that has changed over the past weeks or months?

If you answer yes to any of these questions, you need to talk to your doctor. Not all skin changes are caused by skin cancer, but it is best to let your doctor investigate to determine the cause.

Risk factors
According to the Centers for Disease Control and Prevention, anyone can get skin cancer, but you are at a higher risk if you have one or more of these characteristics:
- A lighter skin color.
- Skin that burns, freckles, reddens easily, or becomes painful in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types and a large number of moles.
- A family history of skin cancer.

Protecting yourself is worth it
It is important to protect yourself from the sun’s ultraviolet (UV) radiation year-round. The UV rays can reach your skin on a cloudy day just as much as they do on sunny days. The CDC recommends protecting yourself from UV rays year-round by:
- Avoiding indoor tanning beds.
- Using sunscreen with a sun protection factor (SPF) of 15 or higher year-round. Look for protection of both UVA and UVB.
- Staying in the shade when possible.
- Wearing clothing that covers your arms and legs.
- Wearing a hat with a wide brim to shade your face, head, ears, and neck.
- Wearing sunglasses that wrap around and block both UVA and UVB rays.
- Being aware of sun-sensitizing medications.
- Checking your skin regularly and reporting changes to your doctor.

RESOURCES
- https://www.ndc.gov/cancer/skin
- https://mskcc.org/cancer
- https://risktool.cancer.gov
- https://www.cdc.gov/cancer/skin/basic_info/risk_factors.htm

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"No one can make you feel inferior without your consent." ~ Eleanor Roosevelt
Eating Right!

Food Safety at the Grill
Grilling season is finally here. Actually, it never left for some of us. Grilling is such a healthy way of cooking, many choose to grill year round. Rain, snow or even a little wind doesn’t stop us from enjoying a great meal on the grill. Follow the tips below to help prevent foodborne illness and keep your family healthy.

Thawing: If you are starting with frozen meat or chicken, thaw it completely for more even cooking. Place frozen product in the refrigerator for a nice safe, slow thaw. This may take a day or two, so plan accordingly. For faster thawing, place frozen product under cold running water or a sink of cold water that is changed frequently. Frozen product can be thawed in the microwave as long as it is immediately placed on the grill. Never allow food to thaw on the counter at room temperature.

Marinating: A marinade is a sauce in which food is soaked before cooking. Always marinate food in the refrigerator, not on the counter at room temperature. Chicken and stew meat can be marinated up to 2 days. Beef, steaks, tenderloins, roasts and chops can be marinated up to 3 days. Discard the marinade after soaking. Marinate that has been in contact with raw meat or chicken should not be eaten as a sauce on cooked food.

Cooking: Always use a meat thermometer to check for doneness. Meat and chicken cooked on a grill will appear ‘done’ due to quick browning on the outside. However, just because it looks done, it doesn’t mean it’s safe to eat. Cuts of beef, pork, lamb and veal, including steaks, chops and roasts, should be cooked to an internal temperature of 145 degrees F with a 3 minute rest time. Ground meats (beef, pork, lamb and veal) should be cooked to an internal temperature of 160 degrees F. All chicken and poultry should be cooked to an internal temperature of 165 degrees F. Keep it Hot: After cooking, keep grilled food hot at 140 degrees F for warmer until served. Place food to the side of the grill, where there is no direct heat, or on the small rack above the grill if there is one. Food can also be placed in an oven set at 200 degrees F for a warming tray until consumed. Once food is served, it should not set out for more than two hours. If it is not outside (above 90 degrees F), food should not sit out for more than one hour.

Keep it Clean: Start with clean hands and make sure there are plenty of clean plates and utensils. Do not use the same platter or utensils for raw and cooked meat or chicken. Always use a clean platter when removing food from the grill. Bacteria in the raw meat juices can contaminate food that has been safely cooked.


Source: AnnPhill Norris, Extension Associate for Food Safety and Preservation

Spending Smart

Vacationing on a Budget
Sunshine, warm temperatures, and more flexible family schedules make summer the ideal travel season. However, summer is also the most expensive travel season. Planning your next vacation in advance and with a budget in mind is a great way to ensure that you will get the most bang for your buck without going into postvacation debt.

• Plan early. As soon as you know that you want to take a vacation, start planning. You will often find the lowest prices on airfare and hotels by booking up to six months in advance. Hotels are more likely to have vacancies farther out from your travel dates which will allow you to pick from multiple hotels that fit within your budget.

• Consider traveling during the off season. Summer is the most popular and expensive travel season. If possible, consider traveling during the off season to save on airfare, hotels and entertainment costs. Winter is the least expensive travel season, followed by fall and spring.

• Airfare. If your travel dates are flexible, consider signing up for an airfare alert website. These websites will send you an email when flights to your chosen destination are being offered at lower than normal prices.

• Research low cost vacation options. Rather than booking a special resort vacation, consider camping, visiting a nearby beach or historic site, or choosing a travel destination with multiple free activities.

• Look for package travel deals or all-inclusive vacation packages. There are many travel websites that offer package deals to customize who books the hotel and flight together. Additionally, don’t count out all-inclusive vacation packages. All-inclusive packages often include the cost of the stay, meals and entertainment. If such a package fits within your budget, you may save a significant amount of money.

• Cash in on rewards. If you use a credit card that offers cash back, gift cards or airline miles, consider using these rewards for your vacation. Many credit card issues also offer extra rewards offered through retail partners that you can use while vacationing.

• Cut the cost of eating out. Eating out on vacation is hard to avoid and often expensive. To cut down on these costs, pack the majority of your meals and beverages if possible. Think about reserving a hotel room with a small kitchenette or a refrigerator and microwave. Also be on the lookout for hotels that offer a free continental breakfast.

By keeping these tips in mind when you are planning your next vacation, you can save a significant amount of money. Researching cost saving travel strategies is a great way to guarantee that you will get everything you want out of your vacation while avoiding postvacation debt. Remember you will get the best deals by planning your trip well in advance of your planned travel dates.

Source: Alex Elswick, Extension Associate for Family Resource Management; University of Kentucky College of Agriculture, Food and Environment

Day Trip to Bernheim Forest to see the Giants

Date: June 20
Time: Leave the Pendleton County Extension Office @ 7:30 am
Return: Late afternoon

Enjoy a car tour with limited hiking or a fast paced, 5 mile hike.

Bring money for lunch. Transportation provided. Call to reserve your space. 654-3395
**Water Safety**
Swimming is a great activity and can be a lot of fun. However, swimming can also come with risks. Nearly 1,000 kids die each year by drowning. The majority of these drownings occur at home swimming pool. According to the CDC and Prevention, drowning is the second leading cause of accidental death for those between the ages of 5-14 in the United States. Therefore, it is important to know how to help you and your kids be safe while in the water—including pools, hot tubs, or open water. Before you head out to the beach or a pool, make sure you are aware of some swimming safety tips.

**Home pools**
- Never leave a child unattended near water, and maintain constant supervision.
- Teach children always to ask for permission to go near water and to never go in water without an adult present.
- Make sure backyard pools have four-sided fencing that is at least 4 feet high and a self-closing, self-latching gate to prevent a child from wandering into the pool area unsupervised.

**Beaches**
- Kids should only swim in the ocean when there is a lifeguard on duty.
- Kids can be caught in a rip current or undertow easily. Inform children that they should swim parallel to the shore, or they should tread water and call for a lifeguard’s help if they are caught in a current.

**Lakes and ponds**
- Children should wear life jackets at all times when on boats, docks, or near bodies of water.
- Adults should wear life jackets both for their own protection and to set a good example.
- Children who are swimming should always have adult supervision.
- Make sure kids wear foot protection; even in the water. They should wear aqua socks or water shoes because they could get hurt from jagged rocks, broken glass, or trash that is in the water.
- Make sure your child knows never to dive into water except when allowed by an adult who knows the depth of the water and who has checked for underwater objects.
- A majority of boating accidents involve alcohol. When you and your family are out boating, be sure to assign a designated driver who will not drink. (Be sure your kids know about the dangers of alcohol, on and off the water.

**Overall water safety**
It is important to teach your child how to swim so they feel comfortable in the water. Check with your local American Red Cross or community center for information on water safety courses or swim lessons. Remember to stop swimming or boating as soon as you see or hear a storm. Always put on sunscreen, a hat, and sunglasses before you go outside.

**SOURCES**

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**Living Well**

**What's Cooking?**

**HAWAIIAN PIZZA**

1 premade pizza crust, 10 inches
1/4 cup barbeque sauce
1/4 cup reduced-fat mozzarella cheese, shredded and divided
1/2 cup pineapple tidbits, drained
1/2 cup sliced mushrooms
1/2 cup cooked chicken, shredded
1/2 cup spinach
1/2 red onion, thinly sliced
red pepper flakes (optional)

Preheat oven to 425 degrees F.
Place pizza crust on oven baking sheet. Spread barbeque sauce on premade crust. Sprinkle 1/2 cup mozzarella over the crust and sauce. Add pineapple, mushrooms, chicken and spinach. Top with remaining mozzarella and red onion slices. Bake for 7-10 minutes or until crust is golden brown and cheese is melted.
Remove from oven and allow to cool 5 minutes, sprinkle with red pepper flakes (if using).

Makes 6 servings
Serving size: 1 slice
Cost per recipe: $0.80
Cost per serving: $0.13

Nutrition facts per serving: 260 calories; 8g total fat; 4g saturated fat; 0g trans fat; 25mg cholesterol; 310mg sodium; 34g carbohydrates; 9g fiber; 14g sugar; 9g added sugar; 17g protein; 20% Daily Value of vitamin D; 20% Daily Value of calcium; 10% Daily Value of iron; 2% Daily Value of potassium.

Source: Adapted from [https://www.fruitsandveggiesmorematter.org](https://www.fruitsandveggiesmorematter.org)
Upcoming Extension Office Classes and Activities

Classes listed below are double point classes for our summer fitness challenge and open to everyone whether participating of not. Community Service Project dates and locations are also listed below. We hope you will join us for these opportunities to beautify our community as well.

<table>
<thead>
<tr>
<th>Extension Sponsored Events</th>
<th>Date/Time</th>
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<tr>
<td>Butler Block Party at the Community Center</td>
<td>June 2/2:00-5:00pm</td>
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<tr>
<td>Attend Body Balance Class at Pendleton Library</td>
<td>June 15/10:00 am</td>
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<tr>
<td>Veterans Service Project (Lunch provided)</td>
<td>June 15/noon</td>
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<tr>
<td>Hike with Agents to the Giants</td>
<td>June 20/7:30 am</td>
</tr>
<tr>
<td>Attend Body Balance Class at Pendleton Library</td>
<td>June 22/10:00 am</td>
</tr>
<tr>
<td>Attend Body Balance Class at Pendleton Library</td>
<td>June 29/10:00 am</td>
</tr>
<tr>
<td>Attend Body Balance Class at Pendleton Library</td>
<td>July 6/10:00 am</td>
</tr>
<tr>
<td>Pendleton County Kickin Up Dust 4-H SK</td>
<td>July 20/7:30 am</td>
</tr>
<tr>
<td>Fairground Service Project</td>
<td>July 1st/6:30 PM</td>
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GET AHEAD OF CANNING SEASON
Pressure Canner Gauge Testing
To ensure that your food is canned safely and properly, get your gauge tested every year.

Call office to schedule appointment

For More Information Contact
KENNA KNIGHT
KENNA KNIGHT
EXTENSION AGENT FOR FAMILY & CONSUMER SCIENCES-
EDUCATION
PENDLETON COUNTY COOPERATIVE EXTENSION
859-654-3395

Body Balance:
Protect Your Body from Pollution with a Healthier Lifestyle

Saturday, June 15, 10:00 am:
Saturday, June 22, 10:00 am:
Saturday, June 29, 10:00 am:
Saturday, July 6, 10:00 am:

These classes count as double rewards if you are also a part of the Fitness for Produce program.